

## **Professional Image at Seminar and other company events**

From: Sue Kirkpatrick NSD

**Skirts:** Only show your knees if you have GREAT knees. If you do, right above the knees is good, but mid thigh is not good. Remember, your business is women. :) Avoid "too tight"....I remember Shirley Hutton telling me one time that one size bigger makes you look two sizes smaller. (Yes this works!! I have tried it!! LCT) If your waistband is too tight, have the button moved over, if it is still too tight, have the elastic removed from the waistband. (Thank you Billie Guerrettaz) When you don't button your skirt, it hikes it up in the back and the front hangs lower than the back and looks frumpy...and we don't want frumpy, right?

**Jackets:** Take your jacket to a professional tailor if it doesn't fit perfectly. I sometimes have to have them raise the shoulders, shorten the sleeves and put a dart here and there. When your suit fits well, you are more excited to wear it and feel better. The full-length mirror is your friend. Really!!! :)

**Make up:** Check your make-up in the same light that you are going to be. And don't be afraid to ask a Consultant friend for her advice on day radiance and color shades. I count on too shiny, etc. I am never offended...I want the help!!! Is anything on your face pulling down? Sometimes we can take a few years off simply by shortening our eyebrows...straight up from the corner of our eye or just slightly angled, but not pulling down. Highlighter or lighter day radiance above the brow and in the temple area and the top of the cheek bone is a boost, too!

**On hair:** Especially after 40, we want "lift" to our hair, too. Nothing pulling down. Especially bangs and in the temple area. If people haven't been complimenting us on our hair lately, is it time for a change in style, color or even Hair Stylists? Choose a style that you don't have to "mess with." To be always pushing your hair back is distracting to the person or people that you are talking to especially from a podium.

**Pins:** What about all the pins you have earned in your business? Your Mary Kay pin, your Ladder of Success and maybe one other favorite one is plenty to wear at one time. Red Jackets loaded down with every award anyone has ever won is too much. If you are presented with rosette ribbons at Seminar, by all means wear them during Seminar and show the winner you are!!!

**Hose and shoes:** Our shoes should always be darker or the same as our hose. No black hose and white or red shoes. If you are wearing shoes other than black or navy, you want light or nude hose and the shoes should match the hem line. "No white hose with black or navy shoes, it makes your legs look bigger and your shoes look larger. - If you note most dancers wear natural hose and natural shoes even with dark skirts many times. That makes the flow nice. It also makes the dancers look like they glide. You don't notice the shoes you notice the flow. Pay attention if you ever watch dancers on TV.

None of this is suggested to make you self-conscious. Our self-esteem should not be contingent on our "look", but our self-image is important. We need to do the best we can with what God has given us, accept ourselves and then focus on helping other people and being "lifters"!! Right!! I am always so proud of our Area at Seminar because you all look sooo professional!!